



STAYING SANE DURING TOUGH TIMES

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Walk Away With Immediate Help!

A Positive Attitude Increases your Likelihood to Succeed!

- *Tools to Bounce Back-- Handle Your Anxiety and Stress**
- *Overcome Set Backs, Disappointments and Rejection**
- *Create Support With Others**
- *Process and Transform the Loss you are Experiencing**
- *Invent and Claim a New Future**
- *Live the Life you Choose vs. Living a Life Chosen for You**
- *Peer Support -- Ongoing Support after the Workshop**

When Saturday, May 30, 2009, 1 - 4 PM
Location: 415 Cambridge Avenue, Suite #22
Fee: \$49

Paula Leslie, LCSW, BCD, is a Consultant, Psychotherapist and certified hypnotherapist with offices in Palo Alto, California and Sedona, Arizona. She has been an Adjunct Professor in the Graduate School of Psychology at JFK University in Campbell, CA. Paula speaks widely and specializes in **Staying Sane During Turbulent Times**. She is the author of *Women Taking Charge: 5 Steps to Succeed in Life and Work: a guide to reaching your full potential*. Learn more about Paula at www.ELStrategies.com

**TO REGISTER: Send check for \$49 to Essential Life Strategies,
415 Cambridge Ave., Suite#22, Palo Alto, CA 94306**

For further information – contact paula@ELStrategies.com

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